Antibiotic Bowel Preparation - Gynecological Surgery

Emptying your bowels and taking antibiotics before surgery lowers your risk of infection. It is important you follow these directions exactly as written.

At least 2 days before surgery, buy your nonprescription supplies and pick up your prescriptions.

<table>
<thead>
<tr>
<th>Supplies</th>
<th>Prescriptions (from your provider)</th>
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<tbody>
<tr>
<td>• Sports drinks like Gatorade® or Powerade® - 64 ounces. - If you have diabetes, use a low-calorie version like G2® or Powerade Zero®. If you don’t like sports drinks, mix 64 ounces of water with Crystal Light® powder. Avoid red-colored sports drinks and mixes. • Bisacodyl/Dulcolax® laxative – you will need 6 tablets. • One bottle (8.3 ounces/238 grams) of Miralax® powder. - Mix the whole bottle of Miralax® powder with 64 ounces of Gatorade®. You can use a pitcher or mix it in the Gatorade® bottle. Stir/Shake until the entire contents of Miralax® are completely dissolved. Store in the refrigerator – cold mixture may be easier to drink.</td>
<td>• neomycin: 6 tablets, 500 milligrams each • metronidazole/Flagyl®: 3 tablets, 500 milligrams each</td>
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Day Before Surgery

You will be on a clear liquid diet all day. Clear Liquids are those you can see through at room temperature (about 72°-78°). Avoid fluids that are red or purple.

**Clear Liquids**

- Soft drinks (orange, ginger ale, cola, lemon/lime, etc.)
- Gatorade® or Kool-Aid®
- Strained fruit juice without pulp (apple or lemonade)
- Water, flavored waters
- Tea or coffee (may add sugar, but no milk or creamer)
- Broth or bouillon - no noodles, rice, meats or vegetables
- Hard candy
- Jell-O® (no fruit toppings or whipped cream)
- Popsicles or lemon ice (no sherbets or fruit bars)
**Directions**

<table>
<thead>
<tr>
<th>Day before Surgery</th>
<th>12pm - noon</th>
<th>Take 2 tablets of Dulcolax® laxative and drink 8 ounces of water.</th>
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<td></td>
<td>2 pm</td>
<td>Take 2 tablets of Dulcolax® laxative and drink 8 ounces of water.</td>
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</table>
|                   | 4 pm        | • Drink 8 ounces of Gatorade®/Miralax® solution **every 15-30 minutes** until you finish it all.  
• Drink it slowly to prevent nausea or stomach upset. If it helps, you can use a straw. |
|                   | After you finish the Gatorade/Miralax solution... | Take 2 tablets of Dulcolax® laxative and drink 8 ounces of water. |
|                   | After you have finished the Gatorade®/Miralax® solution and taken the Dulcolax® tablets... | • Start the antibiotics to help kill bacteria in the bowel and reduce the risk for infection after surgery.  
• Take the neomycin and metronidazole together.  
• Take 2 tablets (1000 milligrams total) of neomycin and 1 tablet of metronidazole (500 milligrams) every hour for 3 doses.  
Example: Take 2 neomycin tablets and 1 metronidazole tablet at 6:30 pm., 7:30 pm, and 8:30 pm. |
| Midnight          | Do not eat or drink anything after midnight except for the apple juice as directed below. |

**Day of Surgery:**  
**90 minutes before your arrival time at the hospital**  
**Drink 8 ounces of apple juice.**